

October 2019

Stress Reduction Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Mindfulness* 403 Capen 4-5:30 pm	3 Mindfulness* 403 Capen 3:30-5 pm Quit Smoking Clinic 11 am-1 pm SU114 Yoga for Student Living* 5:15-6:30 pm	4 Chill Out Workshop* 4 - 4:50 pm SU 250 Meditation Group 12-1 pm	5
6	7 Yoga for Student Living* 5:15-6:30 pm	8 Universal Design Yoga 7 Diefendorf 4:30 - 6 pm	9 Mindfulness* 403 Capen 4-5:30 pm	10 Mindfulness* 403 Capen 3:30-5 pm Quit Smoking Clinic 11 am-1 pm SU114 Yoga for Student Living* 5:15-6:30 pm	11 Meditation Group 12- 1 pm SU 228	12 Stressbusters* 2-3 pm SU Lobby
13	14 Native American Teachings of the Good Mind 210 SU 11am—1pm, free lunch Yoga for Student Living* 5:15-6:30 pm	15 Universal Design Yoga 7 Diefendorf 4:30 - 6 pm	16 Mindfulness* 403 Capen 4-5:30 pm	17 Mindfulness* 403 Capen 3:30-5pm Quit Smoking Clinic 11 am-1 pm SU114 Cheap Easy Meals 5:30 - 7:30 pm South Lake Village Community Bldg.	18 Stressbusters* 2-3 pm SU Lobby Meditation Group 12- 1 pm SU 228	19
20	21 Lily the Dog 12-1:00 pm SU 114 Yoga for Student Living* 5:15-6:30 pm	22 Stressbusters* 12:30—1:30 pm Diefendorf Hall Universal Design Yoga 7 Diefendorf 4:30 - 6 pm	23 Midsemester Stress Relief 3:30 - 5 pm Tutoring Center 126 Capen	24 Mindfulness* 403 Capen 3:30-5 pm Quit Smoking Clinic 11 am-1 pm SU114 Yoga for Student Living* 5:15 - 6:30 pm	25 Mindfulness Retreat 2 - 6 pm Richmond Aerobics Studio	26
27	28 Lily the Dog 12-1:00 pm SU 114 Yoga for Student Living* 5:15-6:30 pm	29 Stressbusters* 12-1 pm Wende Atrium Universal Design Yoga 4:30 - 6 pm	30 Stressbusters* 3-4 pm Capen Hall Silverman Library 3rd floor Capen	31 Halloween Carnival 9 pm - 12 am SU Lobby Stressbusters* 9 - 10 pm SU Lobby Yoga for Student Living* 5:15-6:30 pm		



Come and get free weekly back rubs at **Stressbusters** events!



Join us for free yoga classes on North and South campuses

* **Chill Out Workshop** = learn about stress reduction techniques and campus resources

* **Yoga for Student Living** = Richmond Aerobics Studio, no experience necessary

***Stressbusters** = free backrubs & stress relief tips

***Mindfulness** = 4 Week Mindfulness and Meditation Program -Sign up in advance!
- For more info, contact Sharlynn Daun-Barnett at sd62@buffalo.edu